

Monthly Events!

DRUMMING & RHYTHM FOR FUN & HEALTH

WHEN: Thursday, Nov. 13 | 1 – 2 p.m. | ART-S

Healing rhythm circles are the perfect way to interact and to be involved with your community and friends. There is no learning curve, all participants get quickly involved, you can engage at your own comfort level, and there is absolutely **no musical experience needed**. This group meets the 2nd Thursday of every month.

MONTHLY DANCE: THE CRADIT UNION TRIO

WHEN: Thursday, Nov. 6 | 1:30 – 3:30 p.m. | AUD

Prizes and refreshments sponsored by Carlsbad Village by the Sea. Tickets are \$4 each.

BOOK CLUB

WHEN: Monday, Nov. 10 | 1 – 2:30 p.m. | MP

“Still Life with Bread Crumbs: A Novel,” by Anna Quindlen. The monthly book club meets the second Monday of each month and welcomes newcomers! The book club will not meet in December, but will resume their meetings in January.

MOVIE: “THE LOVE PUNCH”

WHEN: Thursday, Nov. 13 | 1 – 3 p.m. | AUD

The movie is free, and so is the popcorn!

BRAIN GAMES BEFORE LUNCH

WHEN: Wednesday, Nov. 26 | 11:15 – 11:45 a.m. | DN

COMPUTER CLASSES:

Computer Basics (3)	Internet & Email: Essentials (3)	Microsoft Office Crash Course (3)
Nov. 3, 10 a.m. – noon \$37.80R/\$42NR	Nov. 3, 1 – 3 p.m. \$37.80R/\$42NR	Nov. 7, 10 a.m. – 1 p.m. \$57.60R/\$64NR

Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse	800–510–2020
Carlsbad Housing & Neighborhood Services	760–434–2810
Carlsbad Police (Non–Emergency) & Fire Departments.....	760–931–2197
DayTripper Tours	800–679–8747
Elder Abuse in Facilities	800–640–4661
Health Counseling & Advocacy (HICAP)	800–434–0222
In Home Supportive Services, North County	760–480–3424
Medicare.....	800–633–4227
Senior Shield Scam Hotline	858–715–1648
North County Coastal Mental Health Services.....	760–967–4475

DIGITAL PHOTO & IPAD CLASSES

These free classes are taught by instructor Mike McMahon and are available on a first-come, first-served basis. **Please bring note-taking material.**



PHOTOSHOP – MASKING

WHEN: Wednesday, Nov. 12 | 10 – 11 a.m. | ACT

Users of Photoshop and Photoshop Elements will enjoy this exciting class. Our instructor Mike McMahon will provide a demonstration of how to make selections and masks – one of the most helpful capabilities of this software. Students should have a basic understanding of Photoshop/Photoshop Elements.

IPAD – TIPS, TRICKS, YOUR QUESTIONS

WHEN: Wednesday, Nov. 12 | 1 – 2 p.m. | ACT

Instructor Mike McMahon will demonstrate some fun and helpful iPad tips. In addition, 75 percent of the time will be devoted to answering questions – hearing questions and answers from fellow iPad users is one of the best ways to learn.

PICASA – PROJECTS

WHEN: Wednesday, Nov. 19 | 10 – 11 a.m. | ACT

Picasa is the free and easy photo editing software from Google. Our instructor, Mike McMahon, will demonstrate some of the exciting capabilities of Picasa – making collages, slide shows, and movies. First-timers to Picasa are welcome. Experienced users will appreciate learning these fun and advanced projects.

SCANNING FAMILY PHOTOS

WHEN: Wednesday, Nov. 19 | 1 – 2 p.m. | ACT

In this class, we will discuss the steps for successfully scanning your photos. Our instructor, Mike McMahon, will help you decide whether to scan the photos yourself or to use an outside scanning service. Once your images are scanned, they are easy to use in projects such as calendars, photo books and movies.

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel	760–602–4654
Dining Room Reservations (24 Hours)	760–602–4655
Facility Reservations, Robert Harvey	760–602–4659
Front Desk (general information)	760–602–4650
Home Meal Delivery, Vincent Rodrigues.....	760–602–4652
Legal Assistance	760–439–2535 x 205

Online Reservations: www.carlsbadca.gov/parksandrec

* Free walkers, canes and wheelchairs are available for check-out to Carlsbad residents.

Carlsbad Senior Center

Seaside Buzz

NOVEMBER 2014 NEWSLETTER



THE ABCs & PART D OF MEDICARE FOR 2015

WHEN: Tuesday, Nov. 18 | 10 – 11:45 a.m. | ACT

Learn how to understand Medicare, your plan options, and to sort through the current speculation and confusion surrounding Medicare.

What can you expect from Medicare next year, and what moves should you make during the Annual Election Period? We will have the latest updates for 2015.

Whether you are going on Medicare for the first time, or have been on Medicare for many years, plan on attending this valuable, **free** workshop. **Please bring note-taking material.**

WATERCOLOR WORKSHOP: TECHNIQUES & TEXTURES



WHO: Bonnie Gleason, Watercolor Instructor

WHEN: Saturday, Nov. 15 | 9:30 – 11:30 a.m. | ACT

If you love painting in watercolor, sign-up for this workshop and learn how to enhance the richness, depth and believability in your paintings. Instructor Bonnie Gleason will demonstrate how to paint dramatic clouds and organic elements (i.e. grass, trees and rocks). Have fun experimenting with spritzing, splattering, masking, blotting, lifting and glazing techniques.

Supplies: Bring an 11” x 14” or larger piece of cold-pressed watercolor paper and your favorite pigments and brushes.

Early registration is encouraged: \$26.10R/\$29NR.

CARING PAWS THERAPY DOG VISITS

WHEN: Wednesdays, Nov. 5 & 19 | 12:30 – 1 p.m.

If you are a dog lover you understand the joy and comfort only a dog can provide. Carlsbad-based Caring Paws will be visiting the Carlsbad Senior Center twice a month. Adults 50+ are encouraged to come and interact with specially-trained dogs and their handlers.

HAVE QUESTIONS ABOUT SOCIAL SECURITY?

WHO: Karen Frederick

WHEN: Thursdays, Nov. 13 & 20 | 10 a.m. – Noon | 119

Are you receiving the right entitlement benefits? Have you received any letters from Social Security that you don’t understand or don’t agree with? Do you wonder what to do next? Our new volunteer, Karen Frederick, has over 35 years working with the Social Security Administration.

Q&A WITH YOUR LOCAL CARDIOLOGIST

WHO: Dr. Karim El-Sherief, M.D., Tri-City Medical Center

WHEN: Thursday, Nov. 20 | 10 – 11:30 a.m. | ACT

The Center for Disease Control and Prevention states that about 720,000 Americans have heart attacks and about 600,000 people die of heart disease in the United States, every year. Although most cases can be successfully treated if caught early, it is still important to stay healthy and try to prevent this disease. Here is your opportunity to ask anything you have wanted to ask a cardiologist. Bring your questions and your friends to this free, informative lecture on heart disease. Learn tips from Dr. El-Sherief who knows how to discuss this scary yet important topic in a light and informative way. Discussion topics may include:

- Causes of heart disease
- Detecting heart disease
- Treatments for heart disease
- New advancements in heart health
- Plus any other heart-related questions you have!

Dr Karim El-Sherief is a cardiologist who specializes in radial surgeries. He received his medical degree at University of California at Los Angeles and completed his internship at the University of Southern California.



The Carlsbad Senior Center would like to give special thanks to KoKo Beach for their ongoing support. Their long-time commitment to this fundraiser is greatly appreciated. We also want to express our appreciation of the other local businesses listed below for making this year’s 28th Annual KoKo Beach Fundraiser a great success! Please be sure to acknowledge their contributions the next time you are in any of these businesses.

The Crossings at Carlsbad	Pronto’s Gourmet Market
West Inn & Suites	Jayden Presleigh Salon & Spa
Vigilucci’s	Cooler Shoes in California
PF Chang’s	Sea Waves Salon
Pizza Port	Costco Carlsbad
In-N-Out	Aranella
The Coyote Bar & Grill	Beach City Smoothies
Submarina in the Village	

